



## Uses of Feverfew

Feverfew is often used in the treatment of migraines and fever, but it has also long been used as an anti-inflammatory agent. It is thought to be similar to aspirin in the way it reduces inflammation. Aspirin works by blocking the production of prostaglandins, which cause inflammation in the body, among many other functions. Similar to aspirin and other anti-inflammatory drugs, feverfew works to inhibit the production of prostaglandins, which reduces inflammatory reactions that occur in the body. Not only may feverfew help with inflammation in cases of pain, but it also helps in cases of arthritis.

One of the oldest diseases known to man, arthritis involves one or more of the movable joints in the body. Arthritis is a general name for a variety of diseases that are characterized by joint pain and inflammation. Striking both the young and old, it is an extremely debilitating condition with symptoms ranging from mild aching to severe pain and deformity. Inflammation can often be found along with the pain, as well as morning stiffness, swelling, and tenderness being common in most cases. Arthritis has been shown to either appear suddenly, or come on slowly over an extended period of time. Diet has been found to be a primary factor in most cases, although some types of arthritis may be inherited or the result of a viral infection.

Conventional treatment of arthritis has involved the use of NSAIDs to help with inflammation and pain, but they do nothing to heal the problem. They may also inhibit the body's own natural immune function as they temporarily eliminate symptoms. Some evidence has even shown that the use of anti-inflammatory medication for a long time may lead to further joint damage and serious side effects such as gastrointestinal, kidney, and liver problems. Because of this, many people are finding relief with natural healing. Although there are a variety of types of arthritis, the three most common forms are osteoarthritis, in which the joints wear out because of injury or normal wear and tear; rheumatoid arthritis, which is a condition that results from the immune system attacking the body tissue; and gout, which is painful inflammation that results because of excess uric acid in the blood. Rheumatoid arthritis has been found to benefit the most from the use of feverfew. Feverfew may be useful due to its ability to inhibit the formation of inflammation-promoting compounds, with properties similar to NSAIDs but with less potential complications and side effects.

Along with the treatment of arthritis, feverfew has many other possible uses. Included in these uses are: fever, high blood pressure, insect repellent, psoriasis and eczema, menstrual cramps, allergies, digestion, as a sedative to relax and induce sleep, and for its antimicrobial properties to inhibit the growth of staphylococcus aureus and other bacteria.



Because the parthenolide content of feverfew plants vary dramatically depending on the soil and location of cultivation, it is necessary to buy commercial products from reputable companies who have high quality control measures in place. The best preparations are ones using as little heat as possible, since parthenolide is highly unstable when in contact with high heat, such as freeze-drying. Freeze-dried capsules are extremely easy to use and can easily be found in many health food stores.

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